

# GRAPENE

## VISITACION VALLEY

NUMBER 140

SERVING OUR COMMUNITY

MARCH 1998

## Champions of Spelling at Little Vis



Six students at Visitacion Valley Elementary School (VVES) had the proud distinction of being named winners in the institution's annual Spelling Bee Contest for 1997-98. They included: Chapman Seto, Kindergarten; Shakir Rand, 1st grade; Allen Du, 2nd grade; Allen Kuang, 3rd grade; Erin Chan, 4th grade. School champion Serena Lee (right) of the 5th grade went on to represent VVES in a citywide contest. See page 3 for more "Little Vis" news.

## Mayor Brown Inspires VVMS Students During Assembly

Beneath a large banner proudly proclaiming, "Our Pride is Back," students of Visitacion Valley Middle School (VVMS) combined music and verse in a spirited afternoon *Black History Assembly* on Feb. 27 which featured enlightening words from guest speaker Mayor Willie Brown. Students attending the 2 p.m. assembly were first entertained by the Touch of Class Choir from Philip and Sala Burton High School singing an uplifting "Lift Every Voice and Sing" before returning later in the program for more musical selections.

Several inspiring poems were presented by VVMS students throughout the hour, as the audience perused a program listing products created by African American inventors. VVMS Assistant Principal Tina Smith complemented praise earlier given by Principal John Flores to the student

body for skills well executed in organizing the event. She then introduced Mayor Brown, who entered the VVMS auditorium to a thundering ovation.

Brown spoke candidly about future opportunities in the local job market, especially in multimedia, and reminded students that future success would be determined by effort now applied in their formative years. He then recounted his past experiences, a long journey from hometown Mineola, Texas through 31 years in state government before being elected mayor of San Francisco in 1995.

As a youth attending a segregated high school with obsolete textbooks and no athletic facilities, Brown's had originally inspired to become a mathematics instructor, a goal quickly surpassed by his interest in politics after relocat-

ing to the City in 1952. Unable to pass an entrance examination for San Francisco State College, he was granted an interview with a counselor at the institution who asked him direct questions that led to his admittance on probation. Through hard work and determination he quickly excelled, going on in life to become both a prominent attorney as well as state legislator, before eventually reaching City Hall. "It can happen for every one of you if you want it to happen," Brown enthusiastically told his eager listeners. "If I can do it, everyone can do it!"

One thing that didn't work right, Brown laughingly recalled, was his jumpshot as a point guard on the S.F. State basketball court. As a player on rugged outdoor courts in Texas, he had always accounted for the wind obstructing the path of the basketball in scoring his points.

## Valley Residents Voice Their Concerns to Supervisors During Community Meeting at Sunnydale Auditorium

San Francisco's Board of Supervisors brought their regular weekly meeting to Visitacion Valley on Mar. 2, where neighborhood residents packed the Sunnydale Auditorium to voice their concerns about local issues.

The Board had agreed in the past to make meetings more accessible to City residents by periodically conducting business in various neighborhoods.

Of the two dozen residents who stepped to the microphone to express their views at the Monday evening meeting, 15 cited safety as their major concern for attending.

Presenting plenty of statistics was ESL instructor Marlene Tran, representing the Visitacion Valley Asians' Alliance, who reported a startling 60 percent of her students had been victims of crime. She requested that more bilingual police officers be assigned to the neighborhood's growing Asian American community, and that more services be provided for the non-English-speaking residents of the area.

Tran also suggested that a crime prevention video in Chinese be aired on a foreign language television station to instruct residents on safety measures.

Her views were supported by several other speakers from the Asian community who related their experiences through a translator. One man, a former resident of Teddy Avenue, described how he had been attacked four times,

with his car suffered three atrocities. Another explained that students were afraid to attend evening ESL instruction for fear of being accosted in the dark after classes. Still others requested a senior center be organized for the Asian community in Visitacion Valley so they could be more clearly informed of various issues affecting them.

Vincent Chao, principal of Visitacion Valley Elementary School spoke about efforts of the current Valley Merchants Association, as well as the City's latest effort to revitalize commerce along a stagnating Leland Avenue. He described a recent survey of both residents and merchants conducted by the Mayor's Office of Community Development citing safety as their primary issue of local concern.

Chao's remarks were supported by J.B., a hair stylist who operates The Shop on Leland Ave. He expressed his desire to see empty store fronts return to thriving businesses, possibly providing his business with a little competition.

Anne Seeman of Friends of Visitacion Valley Parks summarized her group's activities in the past two years as advocating the upgrade and restoration of parks and open space in the neighborhood. She described recent construction slated for local parks and the future of outdoor areas to be enjoyed by generations to come.

Rohin Moore, project manager of the American Red Cross Family Community Partnership located both in Sunnydale and Potrero Hill, saluted the positive changes recently made by the City in its public housing, and invited all interested to free CPR training available in Sunnydale later that month.

Bill Threadgill of the El Dorado School Neighborhood Betterment Council requested that Visitacion Valley again be served by only one police precinct in order to optimize service.

Kim Mitchell of the TURF program in Sunnydale suggested San Francisco consider investing in the neighborhood--having recently been given a considerable upgrade--to encourage local residents to participate more in their community.

And Esther Smith, a resident of Sunnydale for more than two decades, was thankful for added security in the area, enabling fellow senior citizens to take walks in the neighborhood and ride busses with less fear.

## CPR Classes to be Held at Sunnydale

Free CPR classes will be offered Saturday, Mar. 14 from 9 a.m. to 1 p.m., and 1 to 4 p.m. at 1704 Sunnydale Ave. Call 1-888-686-3600 for further information.

## Valley Street Festival Could Soon Become a 'Neighborhood Day'

Visitacion Valley Task Force (VVT) members were presented with a plan Feb. 28 to convert the area's Street Festival into a new annual celebration tentatively called *Visitacion Valley Neighborhood Day*.

Ideas for the new event, to take place Saturday, May 16 from 12 noon to 5 p.m. were presented by Dr John Flores, principal of Visitacion Valley Middle School (VVMS), who suggested the new festival could be moved from its present Leland Avenue location to the playground and gymnasium of the Visitacion Valley Elementary School (VVES) on Scherwin Street where Principal Vincent Chao has already expressed his approval.

Use of the school, its auditorium, restrooms, and possible use of the cafeteria could provide a base for the five-hour event, supplemented by use of the Visitacion Valley Community Center (VVCC) bungalows adjacent to VVES on Leland Avenue where activities could be arranged for preschool children. An outdoor stage would also be erected to provide live entertainment.

A basketball tournament for both middle and high school students would also coincide with the festivities, and could be held at the VVMS gym.

Held annually since 1984, the original *Street Fair and Parade* saw marchers begin their walk at Coffman Pool on Visitacion Avenue and Hahn Street, finishing at the Community Center on Raymond Avenue. In later years, the scaled-down event was moved to the first block of Ravindra at VVCC, where arts and craft exhibits augmented the festival. Another move to Leland Avenue, the neighborhood's key business strip, met with mixed results from merchants, some who felt the street's closure for eight hours was a detriment to business.

### A NEW LELAND AVENUE

Jay Smith and Gloria Woo of the Mayor's Office of Community Development (MOCD) presented drawings drafted by the Community Design Center depicting how Leland Avenue

could appear after revitalization of Visitacion Valley's business area. Originally unveiled at a neighborhood planning committee meeting on Feb. 23, these drawings feature a spruced-up, tree-lined street with an infusion of new business. Committee members were able to give feedback at the meeting to be considered in a final rendering of the drawings.

Woo also reported that additional input was sought to supplement recent research of a survey conducted by the Public Research Institute at San Francisco State University from both monolingual Asian and Samoan residents in the Valley.

### EVALUATION COMMITTEE

Dr Flores also distributed documents consisting of cover sheets and guidelines to the Task Force pertaining to reports about government-funded projects in the Valley. Both a group's project coordinator and an individual evaluator will be monitoring and giving progress reports about an organization at future VVT meetings.

In reviewing past operations of the Valley Merchants Association, VVT member Al Thomas summarized an attempt had been made to organize businesses on Leland Avenue, but that a lack of merchant leadership had been a detriment.

### VALLEY PARKS

Anne Seeman of Friends of Visitacion Valley Parks presented a letter from the Task Force to be sent to the Mayor's Office (See Page 2) requesting support for the revitalization of Valley parks, as well as preservation of the Reis Tracts adjacent to Rutland Street as open space.

### LEADERSHIP SEMINAR

Rita Adrian announced the next phase of leadership training for VVT members would be Saturday, Mar. 14 from 9 a.m. to 12 noon at VVCC.

### NEXT MEETING

Next VVCC meeting is scheduled for Saturday, Mar. 28, 10:30 a.m. to 12 noon at the Community Center gymnasium, 50 Raymond Ave.

## Development of the City's Southeast Section Will Affect Local Environment

by Ralph Oraquita

Southeast Alliance for Environmental Justice (SAEJ) is maintaining a collaboration with the Little Hollywood Committee with an intention for a future comprehensive health study and assessment of toxic sites in Visitacion Valley to be added to the database of the southeast section of San Francisco.

Traffic, air emissions, Candlestick stadium, recycling facilities, hazardous waste sites, brownfields, health issues, and developing a healthy environment are some of the issues that affect both communities.

A chain reaction of new construction, demolition, and development has an amplified cause and effect in the southeast area of the City and along the waterfront. Both the Giants stadium at China Basin and the Mission Bay development will have an enormous gentrification effect on their perimeter land uses. Relocation of light and heavy industries has already started and rezoning is causing M2 heavy industrial land use to be reduced.

The Planning Commission is granting permits for new live/work units in the Central Waterfront east of Third Street which will in turn lead to a further reduction of blue collar work available in the City.

Heavy industries that relocate will have only one place to go, Bayview-Hunters Point and its waterfront. A proposed sale of the PG&E power plants will renew environmental concerns of increased Bay water and air pollution.

### MEETING UPDATE

During a February SAEJ meeting with representatives of Golden West Studios, president Charlie Swanson made a presentation about the development of movie and video sound stages, and multimedia facilities in existing buildings at the Hunters Point Shipyard. Mayor Willie Brown has endorsed this effort, a proposed project that will provide renovation and installation of special equipment in 14 large sound stages (6,000-25,000 square feet, 60-80 feet high). There will be long

term office space within the 11 buildings on 40 acres of 550 acre Hunters Point parcel.

A presentation given by Dainien Raffar about development of an area at Pier 98 (actually landfill for an unfinished pier) into a wetland and environmental study area and park is still moving forward. PG&E's power plant hot water discharge is west of this 25 acre parcel of land on Islais Creek. The wetland will be restored, trails will be constructed and a finished pier will be installed. Caution must also be used to determine if fish of this area are safe for human consumption.

A new *Literacy for Environmental Justice Project* will be established and located at the SAEJ office, according to project coordinator Dana Lanza. This will be a school-based education program for Bayview/Hunters Point youth with 18 environmental subjects including a classroom-based educational component, a hands-on activity or service project, accompanying curriculum suggestions, and post program reflection and evaluation.

A presentation by Neil Cendel of the Health Children's Organization Project was concerned with the lead and other toxins within the home, schools and other interior areas. Removal of pre-1978 exterior paint containing lead must be contained. Call the Department of Building Inspections at (415) 558-6598 to report any sand blasting or grinding of painted surfaces. Every child should be tested for lead in their blood. Very complicated health problems could be prevented.

There were also discussions of Norel using Pier 96 for recycling, Lonestar Concrete moving to Pier 92, and Pier 94/96 being used for heavy vehicle maintenance and storage or bidding for a lease agreement. The sale of PG&E power plants was also a serious discussion subject.

San Francisco's southeast area must be developed without creating more long term problems with short term solutions.

**Grapevine  
Mailbox****Task Force Asks  
Mayor to Support  
Valley Greenway**

Following is a letter recently sent by the Visitacion Valley Task Force to Mayor Willie Brown concerning the local Reis Tracts.

Dear Mayor Brown:

On behalf of our community, the Visitacion Valley Task Force thanks you for your recent participation in the Community Boards Day of Dialogue on Race.

The Task Force asks for your support of the proposed Visitacion Valley Greenway on the six parcels of land known as the Reis Tracts in the Valley. This land is currently owned by the San Francisco Water Department, which is interested in selling it.

Our neighborhood was once a thriving agricultural center, ironically no fresh produce is available these days except from backyards and the com-

munity garden. The Visitacion Valley Greenway will combine agricultural areas, recreation areas and educational demonstration gardens, as well as a farmers' market plaza containing exhibits of neighborhood history and art. This will revitalize and transform our community, giving it an identity based on its history and an intelligent application of resources.

Among the Friends of Visitacion Valley Parks collaboration are schools and day care centers, which are within walking distance from the proposed Greenway and can benefit greatly from involvement with the Greenway. Visitacion Valley is not only one of the most diverse neighborhoods in San Francisco, but also has one of the highest percentages of children in the City. Hence, the Greenway can become a safe place for urban children to explore nature on their own.

This project offers us an opportunity to build a stronger community by bringing all of the Valley's diverse population to work, learn and play together. Thus, the Task Force urges you to endorse the creation of the Visitacion Valley Greenway.

Respectfully,

Joel Tate,

Task Force Acting Chair

**McLaren Park Neighbors Oppose Disc Golf Course**

by Julie Kavanagh

In a contentious Sunday afternoon meeting on Feb. 8, neighbors who live adjacent to McLaren Park loudly opposed the installation of a recently proposed disc golf course.

Feelings were strong on both sides, as more than 150 area residents braved the rain and flooding to be heard, many for the first time.

Marvin Yee of the San Francisco Recreation and Parks Department presided over the meeting and attempted to outline the pros and cons of the proposal, but found it difficult to be heard above the din of the crowd. Many of those attending booted and shouted at each other as lines were drawn on both sides of the question. On each side of the issue there were residents convinced that Yee was taking the opposite side.

But opponents did agree on one thing: past failures of the Rec and Parks to manage existing amenities and services in the McLaren Park. This issue made neighbors leery of a proposed MOU (or contract) with the Disc Golf Club as a tool to force the club to keep the area clean while not encroaching on the enjoyment of the park by others.

Disc golf seemed to be the final straw in neighborhood's long-simmering resentment of Rec and Parks' planning for McLaren Park without adequate outreach to its neighboring residents.

Many of the speakers in attendance cited examples of Department neglect. One man recounted that Rec and Parks had built a bathroom in McLaren Park many years ago that has never been opened, but is instead used as a tool shed. Thus, when all attending the meeting decried the park's lack of bathroom facilities.

It should be noted that many years have passed since a Master Plan for McLaren Park was adopted, yet very few improvements have been implemented. And those few, mostly cosmetic in nature, have only recently begun.

Neighbors attending the Feb. 8 meeting also expressed very nega-



Concerned neighbors gathered to voice their pros and cons about the proposed disc golf course for McLaren Park.

tive views of a planned park administration building described in McLaren Park plans.

Although the Disc Golf Club has been privately raising money for the cost of the course, neighbors felt it not fair that Rec and Parks would approve this measure ahead of the many improvements that had been previously promised. Their point was that these improvements had also been paid for-and with their taxes.

Yee had promised the group that a consensus reached by the end of the day would dictate Rec and Parks' next steps. And judging from sentiments expressed, the future of disk golf in McLaren Park might be dead-killed by years of neglect suffered by both McLaren Park and its neighbors.

In the meantime, opponents of the disk golf proposal planned a meeting held on Mar. 10 which they advertised with flyers warning, "Save McLaren Park."

Let's hope both the mayor, and Rec and Parks take the message of the neighborhood to heart and initiate an ongoing dialogue with the entire area on plans for area parks, while also beginning to implement some of the previously approved improvements. They are sorely needed, and adequate times of communication with all residents could

go a long way in repairing damage done during past administrations.

In addition, we hope that those neighborhoods who defeated the disk golf course proposal will use their considerable energy to join hands with the rest of their neighbors and begin promoting some positive solutions for McLaren Park.

Some participants at the meeting expressed a wish for young people to get involved in activities such as science and nature walks. We hope they'll volunteer through local schools and youth organizations.

In recent years, schools and youth organizations bordering McLaren Park have sponsored Park Clean-up days. Such events depend on many volunteers to help with organization and supervision, an ideal way for McLaren Park neighbors to make contact with area students. These activities could in turn grow into ongoing projects that would reinforce principles of community involvement taught in the schools.

And results of such activities would bring result in the ideals those supporting the Disk Golf Club wanted all along--positive activities for our neighborhood that could bring youth and adults together in an alliance for community good.

**Physical Activity Can Do Your Heart a World of Good**

Physical inactivity is a risk factor for heart disease. The American Heart Association (AHA) recommends that people get a total of at least 30 minutes of moderate to vigorous physical activity 3-4 times per week to maintain cardiovascular fitness. Mild to

moderate levels of daily physical activity are also beneficial.

Benefits of physical activity include lowering high blood pressure, increasing HDL (good) cholesterol, losing excess weight, strengthening the cardiovascular system, and looking and

**QUESTION:**

**Which of these are collected by the Curbside & Apartment Recycling Programs?**

- newspapers
- paper bags
- magazines
- catalogs
- junk mail

- white paper
- colored paper
- computer paper
- paper packaging
- MUNI & BART passes

- phone books
- postcards
- shoe boxes
- egg cartons
- etc., etc....



**ANSWER:**  
**All of the above!**

**San Francisco  
RECYCLING  
PROGRAM**

**554-RECYCLE  
(554-7329)**

**GRAPEVINE  
VISITACION VALLEY**

Published monthly by Visitacion Valley Community Center, 50 Raymond Ave., San Francisco, CA 94134  
Executive Director: Julia A. Kavanagh (415) 467-9300 Fax 467-3757 E-mail: visvalley@earthlink.net http://home.earthlink.net/~visvalley Editor: Len Appiano Valley Reporter: Gerry L. Galvan Billing: Florence Pewtherer Visitacion Valley Grapevine was named by Pat Crocker and is a registered California Trademark of VVCC. Opinions expressed in the Grapevine are not necessarily those of VVCC. ©1998 VVCC. All rights reserved.

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## Celebration of Diversity at VVES

Annual multicultural assemblies held Feb. 6 at Visitacion Valley Elementary School (VVES) and celebrating the *Lunar New Year of the Tiger* and *Black History Month* were so appealing to the audience that three groups performing that day were invited to participate in other City events: Mr. Hunter's 4th graders and Mr. Edward's 3rd grad-

ers performed Feb. 26 at the Bayview Opera House, while Ms. Chin's Chinese fan dancers were invited to dance on stage in Chinatown in March.

VVES Principal Vincent Chao applauds Mrs. Christie and her committee, as well as all staff and students involved in both celebrations for making them so successful



Tony Dixon and Mr. Hunter's 4th grade class recited "Still I Rise."



Mrs. Jeung and Mrs. Kan's Kindergarten Chinese bilingual class joined Mr. Marshall's Kindergarteners in performing the "Mountain Dance."



"And All That Jazz" starring Janes Mackey was rhythmically delivered by Mr. Edwards' 3rd graders.



Ms. Chin's class performed a traditional Chinese fan dance.

## Women's Need Center Recruiting Volunteers

The Women's Needs Center, San Francisco's only free women's clinic, is currently recruiting volunteers for a March training. No experience is necessary. You can get comprehensive training and exceptional hands-on experience in the health care field while providing quality, non-judgmental services to low income women.

Volunteers learn medical assisting, laboratory skills, client intake, appointment scheduling and health education.

For many of the volunteers, the skills and insight they develop at the

Women's Needs Center has led to jobs, graduate programs or new interest in health care or service.

To join this all-women workforce, you must be available to volunteer between 9 a.m. and 5 p.m. on weekdays, and be able to commit to nine months of service.

Diversity is a priority at the Women's Needs Center. Women of all colors, sexual orientation, abilities and incomes are encouraged to apply. For more information, call (415) 487-5612.

## Moving Beyond Bottles, Cans and Paper in Recycling

by David Assmann  
S.F. Recycling Program

Curbside recycling is only one way to help the environment. You may not think of recycling when you throw away a dead battery, repaint a hallway, or change the oil in your car, but all of these activities offer opportunities for recycling. Over the past 10 years, the range of options for reusing and recycling leftover household chemicals and other hazardous materials has expanded tremendously. Used oil, leftover latex paint, dead batteries, and used needles can all be recycled. There are even recycling options for leftover pesticides and cleaners.

Oil is a non-renewable resource that can easily be recycled and reused many times. Oil dumped in the street will cause pollution problems when it gets flushed into the ocean and bay. Used motor oil can be taken to more than 50 locations in San Francisco for recycling, including the following locations: Quality Tune-Up at 4650 Mission St., the Unocal Service Station at 2895 San Bruno Ave., and Portola Auto at 2780 San Bruno Ave. Call 695-7375 for a complete list of oil recycling sites. You'll even receive a small rebate for your used oil.

Whenever you need to use paint, consider using latex (water-based) paint instead of oil-based paint. Oil-based paints contain a high percentage of solvents which contribute to air pollution. You are also exposed to solvent fumes while the paint dries. Extra latex paint may be recycled at any one of the following stores in the City: Cole Hardware (all three locations), Browne's Hardware, Lakeside Hardware, Papenhausen Hardware, Last's Paint, Goodman's Lumber, Building Resources and Christmas in April.

And, if you're wondering what you can do with dead batteries, there are now more than 36 places that accept batteries for recycling. All batteries contain toxic heavy metals, including zinc, mercury, cadmium, nickel, silver and manganese. In order to make sure these materials don't end up polluting

our environment, take them to one of the following recycling sites:

Rechargeable batteries (labeled as nickel-cadmium) that no longer work can be taken to any one of the 26 Radio Shack stores in the City, Circuit City, any of the three Cole Hardware locations, North Point Camera, Bridge Radio Communications, Auto Symphony, Camera Express, Cal-Marine Electronics, Cameras and More, Top Line Cameras, Stanley's T.V., California Electric Service or Viking Tool Repair. Alkaline batteries can be taken to any of the three Cole Hardware stores, Whole Earth Access, Rainbow Grocery or the Household Hazardous Waste Collection Facility.

Rechargeable batteries last longer and are less expensive than single use alkaline batteries. You can save money too. You'll save \$200 a year by using rechargeable batteries instead of disposables in a single cassette player (based on two hours of listening a day).

Used needles, which can present a hazard if thrown in the trash, can be taken to any Walgreen's Store in the City for recycling. Any other leftover hazardous materials, such as oil-based paint, pesticides and cleaners, can be taken to the San Francisco Household Hazardous Waste Collection Facility. This facility is located just off Highway 101, across from 3Com (Candlestick Park), at the San Francisco Solid Waste Transfer and Recycling Center on Tunnel Avenue. The household facility is open Thursday, Friday and Saturday from 8 a.m. to 4 p.m. Most of the materials brought in will be recycled and there is no charge for disposal. For further information, call Sanitary Fill Company at 330-1400.

The City and County of San Francisco has also set up a special household hazardous waste pick-up program for senior citizens and people who are disabled. To make an appointment for this free service, you can call 1-800-897-3088.

Businesses with leftover hazardous materials should contact a hazardous waste hauler (check the Yellow Pages).

or make an appointment with Sanitary Fill Company's Very Small Quantity Generator Program (VSQG) for disposal. The VSQG program has been set up as a cost-effective disposal alternative for businesses that generate less than 27 gallons of hazardous waste each month. For information about VSQG appointments, call 330-1425.

The best option for hazardous waste, however, is to reduce the amount of hazardous materials you use in the first place. For free publications and information about hazardous waste reduction, call the Hazardous Waste hotline at 554-4333. You can also access information about hazardous waste at <http://www.sfhazwaste.org>.

## Reminiscence, Memories and Yesteryear

The Little Hollywood Committee (LHC) is attempting to compile a short history of its community. Some of the houses in the neighborhood were built in the 1920s and there are some residents having lived in Little Hollywood for more than 50 years.

Neighborhood history leads to community pride. If YOU have any short stories or photographs of the Little Hollywood neighborhood as it was being developed and would like to see them preserved for future generations, please contact the LHC. The Visitacion Valley Grapevine will print these stories and photos as space is available.

Share these memories with your neighbors and friends. Photographs will be scanned by computer and returned within a few days.

Write or call Little Hollywood Committee c/o Ralph Oroquita, 460 Peninsula Ave., San Francisco, CA 94134. Phone/Fax (415) 467-1184.

## SORE FEET? PORTOLA FOOT & ANKLE CLINIC DR. DIVYANG PATEL

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- \* Painful Corns & Calluses
- \* Bunions / Hammertoes
- \* Painful Heels / Arches
- \* Arthritis / Related Problems
- \* Diabetic Feet / Ulcers
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- \* Ankle & Foot Injuries



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## Tax Changes

*From Page 4*

erly or the disabled. This credit is based on age, income and filing status, and can reduce the amount of taxes owed. Those under 65 could be eligible if they retire with total and permanent disability and have income from their employer because of that disability.

The IRS considers persons to be age 65 on the day before their 65th birthday. So to the IRS, those born on January 1, 1933, are age 65 on December 31, 1997, and can claim tax benefits related to that age on their 1997 returns.

For more information, get Publication 554, Older Americans' Tax Guide, and Publication 910, Guide to Free Tax Services. Call 1-800-829-3676.

## Child Tax Credit for 1998

The Taxpayer Relief Act of 1997 creates a new credit for people with children. Although not available for 1997 tax returns, some people can count on a child tax credit of \$400 in 1998 (\$500 in following years) for each of their qualifying children under age 17. This credit is reduced by \$50 for every \$1,000 of adjusted gross income above certain thresholds. To get the credit, the name and Social Security number of each qualifying child must be on the tax return.

## Health Insurance Deduction for Self-Employed

People who are self-employed can deduct health insurance expenses for themselves, their spouses and dependents. The deduction amount is 40 percent in 1997. Under new law, the rate for the 1998 and 1999 deduction amount is 45 percent. It's 50 percent in 2000 and 2001, and eventually increases to 100 percent by the year 2007 and thereafter.

## News for Employers

Every quarter, employers get a newsletter from the Social Security Administration and the Internal Revenue Service in their Form 941 employment tax package. This newsletter, the SSA/IRS Reporter, contains the latest information they need to know about Social Security and employment tax issues that affect them. Look for it in the mail with the next Form 941.

## Tax Tips for Small Businesses

Keeping a small business running smoothly is no easy job—especially when it comes to taxes. The IRS has some free tax information to help small business owners and sole proprietors tackle their tax obligations.

Publication 334 provides general information for sole proprietors who file Schedule C or C-EZ. Publication 1518 is a 12-month wall calendar for small businesses that provides tax tips ranging from starting a business to planning for retirement. It also shows tax due dates each month, lists free tax publications, and describes ways to get tax and business information from the IRS and other agencies. Call 1-800-829-3676 for these and other free publications and forms.

## Choosing a Tax Preparer

Searching for an income tax preparer that suits a person's particular needs can be quite a task. To help make the best choice, people should ask themselves these questions: How complicated is my tax situation? Do I know others who have gone to the preparer and can tell me about the preparer's service? Does the preparer offer the electronic filing and payment options I want? Will the preparer be there later in the year, or in a year or two, to answer questions on my return? The answers to these questions will help in the search.

## No Refund Yet?

People expecting a refund, but who haven't paid certain bills, may find themselves waiting quite a while. Federal law allows income tax refunds to be taken to pay off all or part of past-due child and spousal support, delinquent student loans, income tax or other federal debts. The IRS will let people know if their refund was used to pay back what they owe.

## Check Mail to the IRS

Before dropping it in the mailbox, always check mail to the IRS for enough postage and complete addresses—both the return address and IRS office. Otherwise, the mail could get lost or delayed, and that could cause penalties, interest and frustration.

## Moved Lately?

People who have recently moved should let the IRS know. If the IRS doesn't have the current address, then a tax refund or any letters about past returns may never get to the new address. Send Form 8822 right away. Don't let a refund get lost or returned to the IRS.

## Using Label and Envelope a Good Idea

Want to shorten the time it takes to process a tax return? How about reducing the chance of misrouted mail or refunds because of hard-to-read handwriting? When mailing a federal tax return, use the peel-off label and envelope that comes inside the tax booklet. It's a good idea.

## Free Tax Guides

The IRS has free publications to help people fill out their tax returns. Call 1-800-829-3676 to get any of the following publications, or check them out on the Internet at [www.irs.ustreas.gov](http://www.irs.ustreas.gov).

Publication 17, Your Federal Income Tax (For Individuals)

Publication 225, Farmer's Tax Guide

Publication 334, Tax Guide for Small Business (For Individuals Who Use Schedule C or C-EZ)

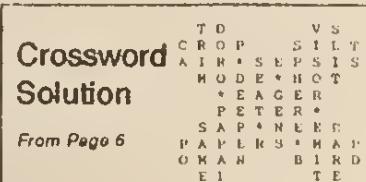
Publication 595, Tax Highlights for Commercial Fishermen

## Report Those Tips

Restaurant workers, baggage carriers and others who get tips of \$20 or more a month while working for one employer must report the tips to the employer. Employers must withhold federal income, Social Security and Medicare taxes on those tips. Then employers report the withholding to the IRS. For a brief overview, call 1-800-829-3676 and ask for Tips on Tips (Publication 1872 for employees or 1875 for employers). Or to get all the details, ask for Publication 15, Circular E, Employer's Tax Guide.

## Missing a W-2?

Employees should get a Form W-2 from each employer by January 31. If they don't get it shortly after that, they should ask the employer for one. If there is still no W-2 by February 15, call the IRS for help at 1-800-829-1040.



*From Page 6*

## Higher Tax Deduction For Some Incomes

Starting in 1998, the Taxpayer Relief Act raises the standard deduction for people who can be claimed as a dependent by another. For 1997, this amount was the greater of \$650 or the person's earned income, but not over \$4,150. For future years, it will be the greater of \$650 (adjusted for inflation) or the person's earned income plus \$250, up to the regular standard deduction for a single person. This change will relieve many working dependents with under \$250 of investment income of the need to file a tax return or to have any tax withheld from their pay.

## SAN FRANCISCO HOUSEHOLD HAZARDOUS WASTE COLLECTION FACILITY

### Quarterly Meetings Begin to Discuss Operations

Recent changes to California's hazardous waste regulations require that the City and County of San Francisco become the legal operator of the San Francisco Household Hazardous Waste Collection Facility. Sanitary Fill Company is the facility owner and contractor. To meet regulatory requirements and assure safe operation of the facility, the City developed a Facility Operations Plan incorporating the following requirements:

#### Reporting Requirements

The most common materials received at the Household Hazardous Waste Collection Facility are leftover paints, used oil, solvents and adhesives. As these are consolidated into drums, a small amount evaporates as volatile organic compounds (VOC). At the request of the community, the City agreed to limit the amount of VOC emissions at the facility to less than 5 pounds per day on household waste collection days, which occur three days per week. VOC's are also limited to 9 pounds per day on business waste collection days, which only occur once per month.

The City will publish VOC emission information every three months. In addition, we will report on the number of people who use the facility, the amount of waste accepted, and the location of the next City/Community/Norcal meeting. Summaries of these meetings will be published in the Grapevine and posted for review at the Visitacion Valley Public Library, and Community Center. For more information, please call Kelley Etherington, HHW Program Manager for the City and County of San Francisco, at (415) 554-1648.

#### Household Hazardous Waste Days

*Days of Operation: Thursday-Saturday of Every Week*

Average Emissions: 1.7 pounds/operating day

Highest Emissions: 2.8 pounds

Number of Participants: 2,988

#### Small Business Drop-Off Days

*Days of Operation: Last Wednesday of Every Month*

Average Emissions: 7.2 pounds/operating day

Highest Emissions: 9.0 pounds

Number of Participants: f51

#### General Facility Information

Total Amount of Waste Collected: 223,057 pounds

*Summary of Additional Provisions to Operations Plan:*

\*Limits operating days and hours of facility;  
\*Requires City to coordinate meetings with Little Hollywood and Norcal;

\*Requires barriers to front of facility roll-up

VISITACION VALLEY GRAPEVINE - MARCH 1998 - 5

## Taxes Made Easier

People may find it easier to prepare their federal income tax returns if they remember this rule of thumb: keep track of all pertinent records throughout the year. Start now with a copy of this year's return. Add to that any canceled checks, receipts and records that will help when filing next year's return. Keeping income and expense records in good order can save hours.

Visitacion Valley Grapevine is on the Internet along with Task Force updates and Merchants Association listings.

Find it at: <http://home.earthlink.net/~visvalley>

## Name Changes Should be Reported

People whose names change for any reason, such as marriage or divorce, should notify the Social Security Administration (SSA). Names and Social Security numbers on tax returns must match those SSA has on record, or there can be delays in getting federal income tax refunds.

## (e.g.: dust, odor, traffic) Sanitary Fill Co. prefers to have a separate meeting to discuss site issues unrelated to the hazardous waste facility.

## WHAT ELSE SHOULD BE INCLUDED IN THE QUARTERLY HHWC REPORT?

Community members requested that additional information be included in the quarterly HHWC report:

\*Violations of State or County Ordinances, laws and regulations,  
\*Releases from the HHWC.

## COMMUNITY EMERGENCY COORDINATORS

\*The City and Sanitary Fill would like to recruit community members to go to facility trainings and understand emergency procedures. We discussed knocking on doors of Little Hollywood residents to get volunteers.

\*Community wants a system in place in the event of a major emergency (e.g.: fire); notification procedures to residents were discussed, but need further discussion;

\*Community wants to know the synergistic effects of emissions from the site.

\*It was decided that it would be helpful to invite NERT people to discuss how a community organizes to prepare for a major incident at the HHWC.

*Clarification:* The facility did not expand 2.5 times more than the 1995 levels. The facility is allowed to consolidate that much waste, but is currently only consolidating about one-third that amount.

## NEIGHBORHOOD EMERGENCY RESPONSE TRAINING (NERT)

Ralph Oroquiza suggested calling Julie Kavanagh of the Visitacion Valley Community Center to arrange a community NERT training specific to facility operations and emergencies.

## COMMUNITY OUTREACH

The City will be publishing these articles one per quarter in the Grapevine and other newspapers, and also placing notices in the Visitacion Valley Library and Community Center summarizing operations at the facility.

## MEETING FREQUENCY

\*Quarterly meetings, held in the evening.  
\*Next meeting: April 22, 1998 at 7:00. Location: TBA (will be published in April's Grapevine).

## PROPOSED AGENDA TOPICS

\*Police from the Williams Avenue Station to discuss how emergency notification will happen.

\*NERT people for emergency response.

*Written by Kelley Etherington, Household Hazardous Waste Program Manager for the City and County of San Francisco (415) 554-1648.*

## VISITACION VALLEY COMMUNITY CENTER SENIOR PROGRAM

Funded by the S.F. Commission on the Aging

Open 365 Days a Year

Lunch Served Every Day

SENIOR BINGO

HOLIDAY CRAFTS

SENIOR COUNCIL

DAY OUTINGS

OVERNIGHT EXCURSIONS

RENO TRIPS

SEWING

BLOOD PRESSURE

CERAMICS

BIRTHDAY PARTYS

POTLUCKS

HOLIDAY CELEBRATIONS

66 Raymond Ave. 467-4499  
Pat Crocker : Director

## Visitacion Valley Dental Office Albert Kuan, D.D.S.

訪谷牙醫 閻博士 通曉粵語  
10% Senior Discount

37 Leland Ave., San Francisco, CA 94134

Monday thru Friday 9 a.m. to 5 p.m.  
Saturday 9 a.m. to 1 p.m.

Phone 239-5500 for an appointment

Cantonese Spoken

**Historic Proportions**

Match clues to answers

1951

- 1 He was fired by the president on Apr. 11.  
 2 World Series champions  
 3 First of these opened on Feb. 25  
 4 These containers became a household word  
 5 He began to torment the funny papers  
 6 On May 26, he became an icon for inquisitive youth.  
 7 They became champions of the NBA  
 8 Happy Trails started on Dec. 30  
 9 She was singing *Come On-a My House*  
 10 On Oct. 15, they were neighbors in New York  
 11 It was dedicated on June 14  
 12 Synthetic introduced on Mar. 21  
 13 On Mar. 18, he signs a 30-year contract  
 14 They took the NFL crown

15 Best Picture at the Academy Awards on Mar. 29  
 16 On Oct. 25, he returned to power in Britain.

17 Most Outstanding Personality at the Emmy Awards on Jan. 23.  
 18 Baseball's smallest player went to bat on Aug. 19.

- A Groucho Marx
- B All About Eve
- C Dacron
- D UNIVAC
- E Rosemary Clooney
- F Million Berle
- G Los Angeles Rams
- H Winston Churchill
- I I Love Lucy
- J Roy Rogers Show
- K Eddie Gaedel
- L Dennis the Menace
- M Tupperware
- N Gen Douglas MacArthur
- O Pan American Games
- P New York Yankees
- Q Rochester Royals
- R Mr Wizard

13-A, 14-G, 15-B, 16-H, 17-A, 18-K  
 6-R, 7-Q, 8-J, 9-E, 10-I, 11-D, 12-C,  
 Answers, 1-N, 2-P, 3-O, 4-M, 5-L,

**This Month in S.F. History**

MARCH 11

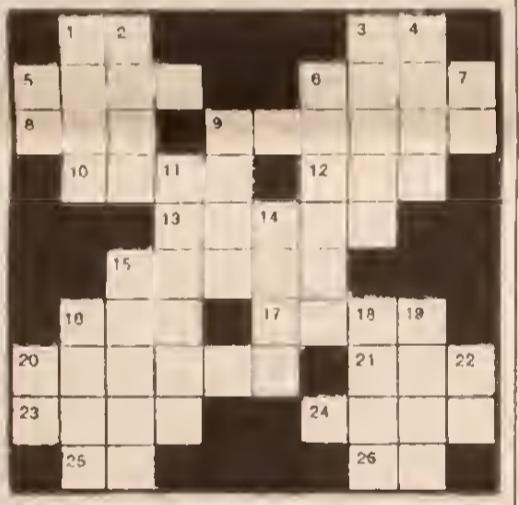
- 1 In 1859, the Seal of the City of San Francisco was adopted.  
 3 In 1950, the old Third St. Bridge at Islais Creek, having been redesigned into a six-lane roller bearing span, was reopened.  
 4 In 1934, the Easter Cross on Mt. Davidson - for many years site of annual sunrise services - was dedicated.  
 14 In 1870, following debates and compromises between city government, land owners and squatters, legislation was finally passed reserving land for Golden Gate Park.  
 In 1896, Adolph Sutro - then SF mayor - opened his world famous Sutro Baths.  
 18 In 1849, a pre-gold rush census taken of San Francisco's white population listed 375 males, 177 females and 60 children of schindage. In 1850, city government declared all land titles or sales illegal unless approved by the Town Council or an elected

alcalde.

- 22 In 1957, following two big tremors, a 5.3 earthquake shook the Bay Area at 11:45 a.m. In 1963, the last prisoners were removed from Alcatraz, a federal penitentiary for nearly three decades.  
 26 In 1851, titles to all lots located below a high water mark within SF's city limits were relinquished by state legislation. In 1855, Washington St. between Dupont (Grant Ave.) and Kearny Sts. became one of SF's first paved streets.  
 28 In 1853, the lighthouse on Alcatraz - one of several under construction at various locations - was completed.  
 29 In 1856, the English clipper ship *Florence Nightengale* set a new record of 121 days from London to San Francisco.  
 30: In 1854, the new U.S. Branch Mint - a three-story structure on Commercial St. - was completed for \$296,000.  
 31 In 1976, the city workers crippled SF with a general strike lasting 39 days.

**Grapevine Crossword**

ACROSS	DOWN
1 Six points	1 Cut
3 Against	2 Stella
5 Cut	3 Eyeshade
6 Residue	4 Gash
8 Oxygen	7 Test
9 Poisoned	8 Solution
10 Style	9 Chair
12 Fiery	11 Enhance
13 Anxious	14 Clan
15 Diminish	15 Pontifical
16 Undermine	16 Similar
17 Obligation	18 Vent
20 Documents	19 Risk
21 Outline	20 River
22 County	22 Police Dept
24 Wren	
25 Band	
26 Tight End	



time since Sept. 12, 1941

\*An unusually wet winter slowed the process of converting the former Maxicare complex at 141 Leland Ave. into Hospice by the Bay's Leland Avenue Residence.

\*Michael Teng became Visitacion Valley Elementary School's Spelling Bee champion.

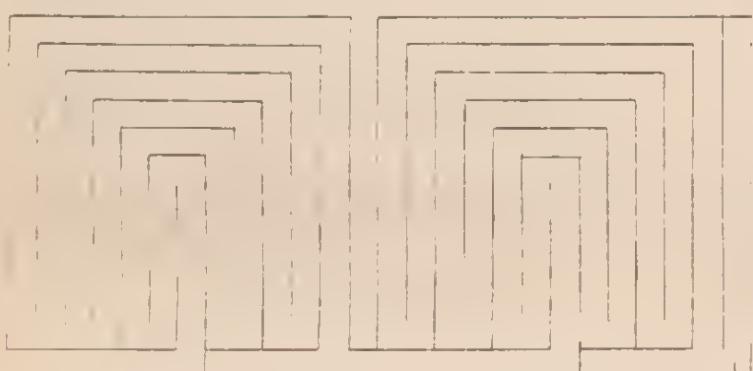
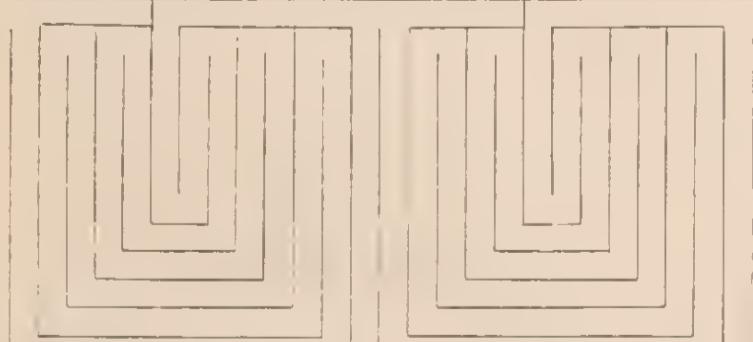
\*Musical guests Blues Fuse provided the entertainment at Our Lady of Visitacion's Reach Out and Touch dinner and dance on Mar. 20.

**FIVE YEARS AGO IN THE GRAPEVINE**

MARCH 1993

\*Visitacion Valley Community Center began making preparations to celebrate its 75th anniversary on Mar. 14.

\*A study was commenced to explore the feasibility of putting a light rail line into the Bayshore Corridor, returning streetcars to Third Street for the first

**Minute Maze****Grapevine Puzzler****North American Mountains**

H	U	B	B	A	D	S	O	I	A	T	T	R	I	E	R	A	E	R	H	T	A	E	W	R	I	F	G	B			
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**North American Mountains**

McKinley	Vancouver	Harvard	Wilson	Tabeguache



<

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9	10 6 p.m. Executive Park Advisory Committee	11	12 12 noon WCC Senior Painting Classes	13	14
15 11:30 a.m. WVCC Senior Shopping	16 12:30 p.m. Senior Bingo	17 3:30 p.m. Valley Neighborhood Collaborative	18 3 p.m. Beacon Council Meets at Middle School	19 12 noon WCC Senior Painting Classes	20 10 a.m. Friends of McLaren Park meeting	21 Spring Begins
22 11:30 a.m. WVCC Senior Shopping	23 12:30 p.m. Senior Bingo	24 12:30 p.m. WVCC Board Meeting	25 9 a.m. USDA Surplus Food Distribution Day at WVCC	26 12 noon WCC Senior Painting Classes	27 10:30 a.m. Visitacion Valley Task Force Meeting at 50 Raymond Ave.	28
29 11:30 a.m. WVCC Senior Shopping	30 12:30 p.m. Senior Bingo	31 April Fool's Day	1 11 a.m. WVCC Senior Council Meeting	2 12 noon WVCC Senior Painting Classes	3	4

## Domestic Violence Homicide Rate Down

District Attorney Terence Hallinan recently released results of a study showing that domestic violence-related homicides in San Francisco are declining, albeit at a slower pace than the City's overall homicide rate which was the lowest it has been in 30 years.

The study, which examines every solved female homicide case in 1997, is a follow-up to a similar study released last year.

In San Francisco last year, 65 people were murdered, fewer than any year since 1966.

The City's female homicide rate has also been dropping, but at a slower pace

than the male homicide rate. Overall, the percentage of those females who died as a result of family or domestic violence has remained fairly constant at just above half, continually making such intimate relationships the leading cause of female homicides in San Francisco. There has also been a consistent, if slight, reduction in the female homicide rate between 1991 and 1997.

Fifty-five percent of all female homicide cases in San Francisco last year were due to domestic and family violence. Of the 11 female homicide cases solved by the San Francisco Police Department last year, six were due to fam-

ily or domestic violence. Half of these cases involved Latina victims.

Hallinan pointed out in his study that no uniform statewide definition of domestic violence exists. He is asking for a statewide unified method to gather statistics on these crimes.

He also unveiled a five-point plan to continue fighting domestic violence citywide, which includes designating a full-time prosecutor to handle child abuse cases, citing family violence as a leading cause of injury to thousands of children throughout the country.

The District Attorney will also hire a full-time prosecutor to handle elder abuse cases that occur in a domestic violence context, in addition to an elder abuse victim assistance coordinator and three senior peer advocates, to aid elderly individuals who find themselves in domestic violence situations.

## Signatures are Being Gathered for "Citizens' Right to Know" Initiative

Despite one of the wettest winters in memory, neighborhood activists across the City worked within just a few weeks to collect signatures for a *Citizens' Right to Know* initiative sponsored by Supervisor Leland Yee. Signatures were gathered in order to place this public notification on the June ballot.

"Public notice is not a new concept," said Joan Girardot, CSFN president. "It is the only means neighbors have to influence their environment."

Neighborhood activists—both from the Coalition for San Francisco Neighborhoods (CSFN), an umbrella group of 38 active neighborhood groups representing every area of the City, and the San Francisco Neighborhood Association (SFNA), a nonaffiliated citywide association with the largest membership, circulated hundreds of petitions in every City neighborhood during the last four weeks. The joint effort from both neighborhood associations was critical to the strength of the petition drive. Other nonaffiliated neighborhood groups and activists circulated petitions as well.

The *Citizens' Right to Know* initiative requires notification of San Francisco residents when a project using City funds will be located in their neighborhood. It requires the sponsoring City agency or department to give public notice to local residents when a project using at least \$50,000 in City funds seeks to operate a facility in their neighborhood. Exemptions for certain types of projects mandated by either state or federal law are included in the initiative (e.g. shelters for abused women).

"The *Citizens' Right to Know* ballot measure is about neighborhood empow-

erment," said Girardot. "It will change the way City Hall does business and improve its sour relationship with San Francisco neighborhoods. Today, that relationship can only be described as one in which City Hall and its planners know everything, but citizens and taxpayers are denied basic facts and information."

In addition to support of both the CSFN and SFNA, the *Citizens' Right to Know* initiative is supported by State Senator Quentin Kopp.

## Know the Warning Signs of Stroke

Stroke is the No. 1 cause of serious, long-term disability and the third leading cause of death. Each year about 600,000 Americans have a new or recurrent brain attack and almost 160,000 of them die, says the American Heart Association (AHA).

Know the warning signs of stroke:

- 1) Sudden weakness or numbness of the face, arm or leg on one side of the body.
- 2) Sudden dimness or loss of vision, particularly in one eye.
- 3) Loss of speech, or trouble talking or understanding speech.
- 4) Sudden, severe headaches with no apparent cause.
- 5) Unexplained dizziness, unsteadiness or sudden falls.

### To Advertise in the Grapevine

Display: Full Page: \$150; 1/2 Page: \$80; 1/4 Page: \$45. 1/8 Page: \$25, 1/12 Page: \$15.

Want-Ads (*Private Party*): 20 words for \$1. Extra line 50 cents. Mail ad and payment by 20th of prior month to: Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

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The Rev. Dr. Jerry O. Resus, Minister

Church School Classes - 9:15 a.m.  
Sunday Worship Service - 10:30 a.m.  
Wednesday Bible Study - 11:00 a.m.  
Friday Cottage Bible Fellowship - 7:30 p.m.  
Saturday Choir Rehearsal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK

## Visitacion Valley Merchants Association

Visitacion Valley businesses and organizations are listed here free. Call the Grapevine at 467-9300.

A.T. & B. MARKET (produce, grocery), 2400 Bayshore Blvd., 586-4851  
ABLE'S CASA (boarding house), 850 Rutland St., 333-4664, fax 333-4693  
ANGEL COIFFURES (beautician), 5 Leland Ave., 239-9891  
ARMANOO'S SHOE REPAIR (Armando Rosignuo), 156A Leland Ave., 239-7216  
BANK OF AMERICA, 6 Leland Ave., 622-4501  
BAYSHORE GAS & SERVICE (gas and mechanic), 2260 Bayshore Blvd., 467-6130  
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-7450  
BAY SHORE VIDEO, 2418 Bayshore Blvd., 333-6288  
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450  
CHURCH OF THE VISITACION, 655 Sunnydale Ave., (239-7450)  
CITY NAILS (manicurist), 2435 Bayshore Blvd., 333-3865  
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467  
CLIFF'S BARBECUE (barbecue, seafood), 2177 Bayshore Blvd  
COINWASH & DRY LAUNDRY, 186 Leland Ave  
THE CLUB HOUSE, 25 Blanken Ave  
WALTER CORBIN PHOTOGRAPHY, (freelance), 435 Sawyer St., 587-9471, fax 337-8620  
COMET TOURS & TRAVEL, 168 Leland Ave., 333-2996  
CUNEOP BAKERY, 96 Leland Ave., 239-6090  
CUPID FLORIST, 36 Leland Ave., 585-7766  
DeMASI'S BARBER SHOP, 35 Leland Ave  
EARLY YEARS ACADEMY, 500 Raymond Ave., 333-1450  
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240  
FAMILY SUPPORT CENTER, 251 Schwenn St., 469-2120  
FIJUYANA MARKET, 400 Wilde St., 467-2034  
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300  
FORTY-NINER CLEANERS (David Chan), 81 Leland Ave., 239-6418  
G & L BAKERY AND RESTAURANT, 198 Leland Ave., 239-6283  
GAMMS TRAVEL SERVICE, 34 Leland Ave., 333-9282  
GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044  
GOING FEEERAL (music, clothing), 170-B Leland Ave., 584-1103  
HO'S ORAPERY COMPANY, 3550 San Bruno Ave., 468-4053  
HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686

JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233

KARATE U.S.A., 38 Leland Ave., 469-9886

KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213

KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751

LELAND AVENUE ORY CLEANING, 151 Leland Ave., 586-1412

LELAND HOUSE, 141 Leland Ave., 405-2000

LELAND LAUNDRYWORLD, 44 Leland Ave

LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815

LUAN FAT BAKERY, 110 Leland Ave., 585-1167

MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381

M & M SHORTSTOP (grocery), 2145 Geneva Ave., 585-0878

McCALL'S HAIR STYLING, 3585 San Bruno Ave., 467-7319

MIZ RENA'S SALON, 19 Blanken Ave., 467-3399

M-3 LOCKSMITH, 200 Leland Ave., 587-8403

NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800

NATIONWIDE PAPER COMPANY, 345 Schwerin St., 586-9160

A NEW START HAIR STUDIO (Joyce Hollins), 224 Leland Ave., 584-3077

OLIVIA'S PLACE (tavern), 2600 Bayshore Blvd., 239-7711

PACIFIC FISH & POULTRY, 2155 Bayshore Blvd., 468-6800

PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800

RIDGE VIEW UNITEO METHODIST CHURCH, 590 Leland Ave., 239-5457

ROYAL PACIFIC MORTGAGE (financing), 46 Leland Ave., 333-4900

RUSSIA HOUSE (restaurant), 2011 Bayshore Blvd., 467-0252

ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381

SAM'S OELI & LIQUOR, 25 Leland Ave., 239-7183

SAN ON HERBS, 33-A Leland Ave., 333-7469

SARI-SARI FOOD STORE, 38 Leland Ave., 239-7183

HENRY SCHINDEL (realtor), 239-5850

SCHLAGE LOCK (manufacturer), 2401 Bayshore Blvd., 467-1100

7-119 convenience store, 2200 Bayshore Blvd., 467-1711

SHIREL'S GROCERY & FLOWERS, 1401 Visitation Ave.

SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141

THE SHOP (J.B., barber), 178 Leland Ave., 239-6709

SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

SIN FUNG VIDEO, 144 Leland Ave., 586-1038

SMITH'S SIGNS, 153 Leland Ave., 333-2700

SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506

TAMMIE'S HAIR DESIGN, 3564 San Bruno Ave., 330-9635

TAUTUA MO OE (Samoa grocery, gifts, fabric), 15 Leland Ave., 585-0509

T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281

TATE ELECTRIC (Joel Tate, electrical contractor), 467-4657

TEDOY'S MARKET, 298 Teddy Ave.

3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555

THRIFTLOOGE, 2011 Bayshore Blvd., 467-8811

TUNTEX U.S.A. (developer), 150 Executive Park Blvd., 468-6676

TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

VALLEY AUTO & TRUCK SUPPLY (Bill Conte, Marc Pullian), 2520 Bayshore Blvd., 239-5880

VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055

VALLEY LAUNDRY, 90 Leland Ave

VALLEY SUPERMARKET, 65 Leland Ave., 239-7520

THE VILLAGE (community center), 333 Schwenn St., 239-5045

VISITACION CATHOLICAL CENTER, 796 Sunnydale Ave., 239-6723

VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

VISITACION STATION U.S.P.O., 68 Leland Ave., 239-7520</p

## Experts Agree on Key Advice to Reduce Cancer Risk

The connection between diet and cancer risk may be astonishing. According to a recent report by the American Institute for Cancer Research and the World Cancer Fund, between three and four million cases of cancer worldwide could be prevented annually through dietary change.

The report, *Food, Nutrition and the Prevention of Cancer: A Global Perspective*, represents a broad review of scientific evidence on diet, nutrition and cancers. It offers some dietary rec-

ommendations that Americans have heard before from leading organizations such as the U.S. Departments of Agriculture and Health and Human Services (USDA/DHHS) and the American Cancer Society (ACS) on reducing cancer risk. However, the report also contains some advice that is not in accordance with these other dietary guidelines.

Finding precise links between diet and cancer is not easy. For example, over 100 different cancers exist, each with its own set of causes. Further, there is a dizzying number of components in the average diet. Some may decrease the risk while others may increase it.

"Diet is difficult to measure precisely and without bias," said Tim Byers, M.D., M.P.H., Professor of Preventive Medicine, University of Colorado. With heart disease there are risk factors like high blood cholesterol, but similar indicators may not exist to suggest cancer.

The fact that experts have agreed on general dietary advice to reduce cancer risk is also significant because it helps ensure that health professionals speak with a united voice on the subject.

The study's key recommendations—to choose a predominantly plant-based diet that includes a variety of vegetables, fruits and grains—echoes the

1996 ACS recommendations to choose mostly plant-based foods. Likewise, the USDA/DHHS *Dietary Guidelines for Americans* recommends a similar diet. The study noted that lean red meat can fit in a healthy diet. A recent survey showed Americans consume about 2.6 ounces of red meat per day—well within the study's recommendation of three ounces per day.

The advice on plant-based foods stems from research showing compounds within plant foods may help protect against potential cancer-causing agents. For instance, fiber, which is found only in plant foods, has a beneficial effect on the intestinal tract and may reduce the risk for some cancers.

Plant foods contain more than just fiber—they are also rich in phytochemicals that may be critical in controlling cell damage from free radi-

cals and in regulating cellular proliferation.

Experts note, however, that Americans are not making such simple changes as eating the recommended five servings of fruits and vegetables a day, which could reduce cancer incidence risk. Likewise, trends suggest a decline in physical activity among Americans.

The new report emphasizes the importance of physical activity and a healthy body weight. These recommendations are also in the USDA/DHHS and ACS guidelines. Physical activity not only helps reduce the risk of obesity, which may increase cancer risk, it independently reduces the risk of certain cancers. According to Dr. Byers, "These dietary guidelines represent sound advice to prevent cancer."

*International Food Information Council*

## Training Institute for School Volunteers

San Francisco School Volunteers will sponsor a Training Institute from 10 a.m. to 1 p.m. on Saturday, Mar. 21 for current and prospective school volunteers at Sunset Elementary School, 3085 Santiago St., between 41st and 42nd Avenues.

The Training Institute is designed to build the skills of volunteers as well as to give prospective volunteers an orientation to the school volunteer experience.

Volunteers will be given practical experience in using reading strategies with early readers, an understanding of how to motivate students at all grade levels, and how to support students learning English as a Second Language, particularly emphasizing the needs of Cantonese-speaking students. In addition, the Training Institute will feature a session on *Messy Science*, an opportunity for volunteers and parents to learn how to use practical household items to teach interesting and fundamental science concepts.

Refreshments and childcare will be provided.

Training Institutes are offered at no charge and are designed to build the skills of people working in public schools in San Francisco. To register, call San Francisco School Volunteers at 274-0250.

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